

“The Lord has heard my plea; the Lord will answer my prayer.” Psalms 6:9 NLT

## lectio // Psalm 6

Wow! Isn't this an amazing passage out of Psalms? In here we see two verbs, “heard” and “answer,” verbs are action words, right? Let me ask a question, “what pleas has God heard from us?” I love focusing on the “answer” but it is directly connected to the “ask.” To bring up a recent thought I received in a book, the author wrote about emotionally honest prayers. For me, one of the hardest things to do is to convert feelings into words. I work hard at telling my wife how I feel, what emotions are plowing through my brain - and it's tough! I now work hard at telling God how I feel when my soul is restless, even my body might be screaming out in pain with headaches or stomach problems. I have to WORK to say to MYSELF, “what is going on?” Another book, another author says, “name it to tame it!” But how do I do that you may ask? Just look at many of David's Psalms. He is very good at speaking out his problems IN prayer. Then someone writes them out for us. If you read Psalms you can't miss how raw and raunchy David's prayers are. I used to read and meditate (ponder) on these raw psalms when I was a teenager, overwhelmed by testosterone as emotions. It helped to read about someone else's pain and struggles. It wasn't negative or too dark for me, it was life-giving that a giant-killer would be so bold and vulnerable to speak to God like that. So, of course, I like to focus on ANSWERS from God, but it took years to quit pondering on David's words and start making some of my own angsty prayers. I wanted God to hear my emotions translated into words! And yes, sometimes it's just a grovel or a growl because I can't figure out what words go with what I'm feeling, but that's okay. The Apostle Paul says that the Holy Spirit can take even those wordless prayers and understand them. Maybe next time, I'll write about another kind of prayer that a young man, Nick Dalafu, taught me - emotionally intelligent prayers.

Dad,

You built us to be emotional beings. We have the full range of amazing feelings, from joy to rage, from ecstasy to grief. And in this very large range of emotions we swim in there should be a wide variety of very colorful prayer, right? You know how I feel, think and behave, but it's a whole other thing to actually talk with you about it. This morning I focused on difficult feelings and being honest with you about those in conversation, but the opposite is true is well. When I come upon the most stunning sunset, filled with an panacea of perfected pallets of color I want to verbalize those as well. I want my soul to shout - WOW, you've really outdone yourself today God! I want to be better at converting emotions to word, so that I can walk AND talk with you about everything.

## contemplatio

rest in the presence of God, allowing the words revealed to take root